JUNE 2016

All events are held at Northampton Senior Center, 67 Conz St. unless otherwise noted.

Participants in Northampton Senior Services Programs & Services MUST have a NSS Scan Card

June Artist - Join us for Donna Verville's display of photography: Creative Focus. Her photography will be displayed during the month of June with an opening reception on Wednesday June 1st from 7:00-8:00 pm. All are welcome to view the display at the Northampton Senior Center.

Call the Senior Center at 413-587-1228 to make appointments or register for the events that need pre-registration or come to the Senior Center, 67 Conz St.

TRIPS & TRAVEL PAYMENT **DEADLINES:**

LIGHTHOUSE CRUISE **DEADLINE:** Thursday June 23.

SAMSON DEADLINE: August 2.

GROUP SING-Wednesday June 1st at 7:00 pm. Everyone is welcome! Singers and non-singers. Join in the fun.

PHOTOGRAPHY CLUB-Friday June 3rd at 1:00 pm. Monthly meeting of the photo club. All are welcome to share their photos. Minimal yearly membership fee.

AUTHOR OF THE MONTH-

Tuesday June 7 at 1:30 pm. Local author Carin Clevidence is the author of the novel The House on Salt Hay Road. Her fiction has appeared in Story, The Indiana Review, fivechapters and elsewhere, and her nonfiction in O Magazine, OZY, Gradn Tour, Fiction Writers Review. Carin has won a Rona Jaffe Writer's Award, fellowships from the Fine Arts Work Center, the Elizabeth Kostova Foundation, and Sustainable Arts, and residencies at VCCA, the Hermitage Artist's Retreat, Ledig House and Yaddo. She lives in Northampton with her two children.

Dynamic Fitness DVD

Drop In Photography

Beginner/2nd Year Tap

Opening Reception for

Focus A Photographic

Basic Email Use*

Coloring for Adults

Donna Verville:Creative

SHINE- By appointment only

Low Impact 1

Low impact 2

Low Vision

Zumba Gold

Cribbage

Scrabble Timeless Tunes

Tai Chi

Journey

Yoga

Thursday June 2

Group Sing

Feldenkrais

8:20

9:30

10:30

11:00

11:30

12:00

12:30

1:00

1:00

1:00

1:00 2:45

2:45

7:00

7:00

7:00

7:00

7:00

8:30

8:45

New Programs and Presentations this month

GO THE DISTANCE MILE WALK CHALLENGE-Lace up your sneakers and join us for the Massachusetts One Mile Walk Challenge. The walk challenge is sponsored by the Massachusetts Association of Councils on Aging and Keep Moving Walk Clubs. All ages are welcome. Water will be provided. Light refreshments after the walk. Register at 413-587-1228.

FATHER'S DAY BREAKFAST-Friday June 10 at 9:00 am. Free

for Northampton seniors. \$5 for non-resident seniors and guests of a senior. Pre-registration required. Pancakes, sausage, fruit, juice and coffee.

21 at 11:30 am. Northampton Senior Services invites you to a birthday celebration for Northampton's nonagenarians & centenarians! The celebration is by invitation only. Guests will

CELEBRATIONS-Tuesday June

90 & UP BIRTHDAY

enjoy a complimentary luncheon including birthday cake. R.S.V.P. by Wednesday June 15 to 413-587-1228. If you require special assistance, your assistant may partake in the luncheon for a \$6.00 AMERICAN RED CROSS

NORTHAMPTON COMMUNITY BLOOD DRIVE-

Wednesday June 22 from 12:00 pm-6:00 pm. Prevent a summer

Stretch & Tone

Wisdom Project

Knitting Drop In

Mixed Level Tap

Advanced Beginner Tap

shortage. Give blood. Sponsored by the American Red Cross and Northampton Senior Services. Event takes place at the World War II Club, 50 Conz Street, Northampton. For an appointment please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org

RETIREMENT RECEPTION & CELEBRATION-Thursday June 23 from 1:00-3:00 pm.

You are cordially invited to join us for a reception in honor of Patte Shaughnessy, Director of Northampton Senior Services. Patte has been a loyal, caring, and dedicated city employee in Northampton for thirty three years (!) with fifteen of them serving as the Director on the Council on Aging. Please join us as we wish Patte a very happy retirement as she starts this new chapter of her life. Please RSVP to: Barbara Kaczenski: bkaczenski@northamptonma.gov or Heather Cahillane: hcahillane@ northamptonma.gov

CANCER CENTER INFO

SESSION-Friday June 24 at 1:00 pm. Please join us in welcoming Dr. Barrett Newsome from the Mass General Center at Cooley Dickinson Hospital for an informational session. The lecture is free and open to all. Preregistration is required as seating is limited

STRAWBERRY SHORTCAKE **CELEBRATION**-Monday June 27 at 1:00 pm, sponsored by Highview of Northampton. Free with a scan card. Preregistration required.

TEACUP BIRD FEEDERS-

Tuesday June 28 at 1:30 pm, sponsored by CareOne at Northampton. Join Trish to make a teacup bird feeder to take home. Pre-registration required.

SENIOR FARMSHARE PROGRAM: DEADLINE **EXTENDED TO JUNE 17!**

The Grow Food Northampton Senior Farmshare Program offers affordable farm shares to low-income senior citizens of the City of Northampton. Applications available at www. growfoodnorthampton.com and at the Northampton Senior Center.

CHAIR VOLLEYBALL RETURNS! Join us on Tuesday afternoons at 2:00 pm beginning on June 14 for the return of chair volleyball. A low key way to have fun and get in a little exercise. Resident and non-resident seniors welcome.

COOKING WITH SHERRY: PICNIC WHERE YOU CAN-

Thursday June 30 at 10:00 am. On the menu: Summer Chicken Saute, Fresh Mint Tea, Homemade Sour Cream and Lime Ice Cream & Fresh Berry Shortcake. Preregistration required. \$15 resident; \$20 non-res.

* Indicates pre-registration required due to a minimum

10:00

10:00

10:00

11:30

12:30

1:30

1:00

1:00

1.30

2:45

10:30

Dates and Times of Programs and

	enrollment. Progra	ms not meetin	g enrollment will b	e cancelled.
		9:00	Benefits Counseling	
Wed	lnesday June 1	10.00	appointments	Sunday .

Intermediate Tap	Monda	v June
Piano with Jeff Olmsted*	8:20	Dyna
Mahjongg	9:30	Low
BINGO	10:30	Crea

Friday	June 3
Sign t	p deadline for FDR Trip
8:20	Dynamic Fitness DVD
9:30	Low Impact 1

10:30	Low impact 2
12:00	Contract Bridge
12:30	Visit from Dewey the
	m p

Tai Chi

	Therapy Dog
:00	Gentle Chair Yoga
:00	Senior Gay Men's Drop-in
	Group

Nutritional Outreach

v June 2		Group	
Computer One on One	1:00	Photo Club	
Appts*	2:45	Yoga	
Strength & Stretch	2:45	Tai Chi	

Sunday June 5 11:00 am – 4:30 pm - Senior Swim – Free for Northampton residents and \$4.00 for non-residents age 55 and older at JFK's Aquatic Family Center

Monday June 6 namic Fitness DVD Low Impact 1

7.50	Low impact i
10:30	Creative Writing
10:30	Low impact 2
11:00	Computer Tutor
1:00	Needle Workshop
1:30	Learn to Meditate

Tuesday June 7 8:45 Strength & Stretch

Tai Chi

2:45

9:00 "Go the Distance" Mile Walk Challenge

9:30	Cup of Conversation
10:00	PVTA Photo ID:
	CANCELLED FOR JUNE
10:00	Blood Pressure Clinic
10.00	Caregiver Support Group*

Caregiver Support Group^{*} Stretch & Tone 10:00 12:30 Sewing Workshop Final

Session

Presentations 1:30 Author of the Month: Carin Clevidence & The House on

2:45

Wednesday June 8 9:20 Dynamic Fitness DVD

Salt Hay Road

Tea Time Tuesdays

8.20	Dynamic Finess DVD
9:30	Low Impact 1
10:30	Low impact 2

10.50	Low impact 2
11:00	Drop In Photography
11:30	Beginner/2 nd Year Tap
12:00	Low Vision
12:30	Cribbage

12.50	chloodge
1:00	Zumba Gold
1:00	SHINE- By appointment only
1.00	Carabbla

1:00	SHINE- By appointment only
1:00	Scrabble
1:00	Timeless Tunes @ Highview

:00	Scrabble
:00	Timeless Tune

2:45	Feldenkrais
2:45	Tai Chi
7 00	o o:

2:45	Tai Chi
7:00	Group Sing
7:00	Yoga

7:00 7:00	Coloring for Adults	

1	Please note that programs, dates, an nay change or be cancelled and fees changed without notice.		JUNE 2016 website: www.northamptonma.gov/713/Senior-Services		/13/Senior-Services	For more information please call 413-587-1228	
8:45	Strength & Stretch	9:00	Benefits Counseling	9:00	Benefits Counseling	8:4	
9:00	Benefits Counseling	10:00	appointments Stretch & Tone	10:00	appointments Stretch & Tone	9:0	
10:0	appointments Contract Stretch & Tone	10:00	Wisdom Project	10:00	Wisdom Project	10:	appointments Cooking with Sherry: Picnic
10:0	Wisdom Project	10:00	Knitting Drop In	10:00	Knitting Drop In		Where You Can*
10:0 10:0		11:30 12:30	Mixed Level Tap Advanced Beginner Tap	11:30 12:30	Mixed Level Tap Advanced Beginner Tap	10: 10:	
11:30		1:30	Intermediate Tap	1:30	Intermediate Tap	10:	
12:3	Advanced Beginner Tap	1:00	Piano with Jeff Olmsted	1:00	Retirement Reception for	11:	30 Mixed Level Tap
1:00 1:00	Readers & Thinkers Piano with Jeff Olmsted*	1:00 1:30	Mahjongg BINGO	1:00	Patte Shaughnessy Mahjongg	12: 1:3	
1:00	Mahjongg	2:45	Tai Chi	1:30	BINGO	1:0	
1:30	NCOA Board Meeting			2:45	Tai Chi	1:0	0 Mahjongg
1:30 1:30	Intermediate Tap BINGO	Friday . 8:20	June 17 Dynamic Fitness DVD	Ewidov	June 24	1:3 2:4	
2:45	Tai Chi	9:30	Low Impact 1	8:20	Dynamic Fitness DVD	2.4	3 Tai Cili
		10:30	Nutritional Outreach	9:30	Low Impact 1	* Ir	ndicates registration is required
<u>Frid</u> 8:20	ay June 10 Dynamic Fitness DVD	10:30 12:00	Low impact 2 Contract Bridge	10:30 12:00	Low impact 2 Contract Bridge		e to a minimum enrollment or new
9:00	Father's Day Breakfast*	12:30	Visit from Dewey the	12:30	Visit from Dewey the	opp	portunity.
9:00	Deb Hollingworth*		Therapy Dog		Therapy Dog		
9:30	Low Impact 1	1:00 1:00	Gentle Chair Yoga	1:00	Information Session on New Cancer Center at CD	ш	
10:30 12:0	Low impact 2Contract Bridge	1.00	Senior Gay Men's Drop-in Group		with Dr. Newsome	11	
12:3	Visit from Dewey the	2:45	Yoga	1:00	Gentle Chair Yoga		
1.00	Therapy Dog	2:45	Tai Chi	1:00	Senior Gay Men's Drop-in		
1:00	Senior Gay Men's Drop-in Group	Sunday	June 19	1:30	Group Chess		See you at the
1:00	NO CHAIR YOGA TODAY	11:00 ar	m-4:30 pm - Senior Swim	2:45	Yoga		Senior Center
1:30 2:45	Chess Yoga	- Free fo	or Northampton residents and or non-residents age 55 and	2:45	Tai Chi	Be	clow are some of the upcoming op-
2:45	Tai Chi	older at	JFK's Aquatic & Family Center	Saturda	ny June 25	po	rtunities at the Senior Center.
			•	Sucuru	FDR Trip	Sci	an cards are required to participate. In up for one today if you don't have
G	L. I 12 11 00 4 20		y June 20	G . J.	I 26	on	e. Call 413-587-1228 with questions
- Ser	lay June 12 11:00 am – 4:30 pm ior Swim – Free for Northampton	8:20 9:30	Dynamic Fitness DVD Low Impact 1	11:00 ar	<u>June 26</u> n – 4:30 pm - Senior Swim -		1
resid	ents and \$4.00 for non-residents	10:00	Computer Security, Privacy	Free for	Northampton residents and		notography Club-Friday July
	55 and older at JFK's Aquatic		Well Being with Northampton	\$4.00 fo	r non-residents age 55 and	1 4	at 1:00 pm. Monthly meeting
Fam	ly Center	10:30	Computer Repair* Creative Writing	older at	JFK's Aquatic Family Cente		the first Friday of the month.
	day June 13	10:30	Low impact 2		y June 27		inimal fee per year.
8:20	Dynamic Fitness DVD	11:00	Computer Tutor	8:20	Dynamic Fitness DVD		
9:30 10:3	Low Impact 1 Creative Writing	1:00 1:30	Needle Workshop Monday Movie: Youth	9:30 10:30	Low Impact 1 Creative Writing	M	ystery Book Club-Wednesday
10:3	Low impact 2	1:30	Learn to Meditate	10:30	Low impact 2	Ju	ly 20 at 7:00 pm. Join us as we scuss the book <i>Relic</i> by Douglas
11:00	Computer Tutor	2:45	Tai Chi	11:00	Computer Tutor		eston & Lincoln Child. The
1:00 1:30	Needle Workshop Learn to Meditate	Tuesday	y June 21	1:00 1:00	Needle Workshop Strawberry Shortcake		ovel is the first in the Special
2:45	Tai Chi	8:45	Strength & Stretch	1.00	Celebration sponsored by		gent Pendergast series.
æ		9:30	Cup of Conversation	1.20	Highview*	Ta	o Cream Sasial Enider July 22
1ues 8:45	day June 14 Strength & Stretch	10:00 10:00	Caregiver Support Group* Stretch & Tone	1:30 2:45	Learn to Meditate Tai Chi		e Cream Social-Friday July 22 1:00 pm. Celebrate National
9:30	Cup of Conversation	11:30	90 & Up Birthday	2.13	rui Cini	Ice	e Cream Month with a sundae
10:0	Caregiver Support Group*		Celebrations*		y June 28	an	d entertainment! Sponsored by
10:00 2:00		2:00 2:45	Chair Volleyball Tea Time Tuesdays	8:45 9:30	Strength & Stretch Cup of Conversation		areOne at Northampton. Free
2:45	Tea Time Tuesdays	4:00	Disability Commission	10:00	Caregiver Support Group*		th a scan card. Pre-registration quired.
	•	***	•	10:00	Stretch & Tone	100	quireu.
Wed 8:20	nesday June 15 Dynamic Fitness DVD	8:20	day June 22 Dynamic Fitness DVD	1:00	Making Teacup Bird Feed with CareOne*	Lı	ghthouse Cruise-Sunday July
9:30	Foot Care Clinic*	9:30	Low Impact 1	2:00	Chair Volleyball	31	. A cruise along the Connecticut
9:30	Low Impact 1	10:30	Low impact 2	2:45	Tea Time Tuesdays		ver to see eight lighthouses and ate lunch at the Steak Loft in
10:30 11:00		11:00 11:30	Drop In Photography Beginner/2 nd Year Tap	Wednes	sday June 29		de Mistick Village. \$104 per
11:30	Beginner/2 nd Year Tap	12:00	American Red Cross	8:20	Dynamic Fitness DVD	pe	rson. Trips are open to ALL
1:00	Timeless Tunes hosts Golden		Community Blood Drive	9:30	Low Impact 1	ag	es from ANY community. Sign
1:00	Moments Zumba Gold	12:30 1:00	Cribbage Zumba Gold	10:30 11:00	Low impact 2 Drop In Photography	up	deadline: June 23.
1:00	SHINE- By appointment only	1:00	SHINE- By appointment only	11:30	Beginner/2 nd Year Tap	Sa	mson-Tuesday October
1:00	Scrabble	1:00	Scrabble	12:30	Cribbage	25	F-Thursday October 27. A three
2:45 2:45	Feldenkrais Tai Chi	1:00 2:45	Timeless Tunes Feldenkrais	1:00 1:00	Zumba Gold SHINE- By appointment o	da	y trip to see the biblical show
7:00	Mystery Book Club:	2:45	Tai Chi	1:00	Scrabble	Sa	imson at the Sight and Sound
	Sweetness at the Bottom of	7:00	Virus Protection*	1:00	Timeless Tunes @ Lathrop) I In	neather in Pennsylvania. Trip cludes time at Sands Casino,
7:00	the Pie by Alan Bradley Yoga	7:00 7:00	Yoga Coloring for Adults	2:45	Home Feldenkrais	Lo	ongwood Gardens, shopping
7:00	Youtube*	7.00	Coloring for Addits	2:45	Tai Chi	an	d much more. Cost is \$467 per
7:00	Coloring for Adults	Thursd	ay June 23	7:00	Evening Yoga	pe	rson double occupancy. Reserve
Thu	rsday June 16	Dead	line to sign up for Lighthouse	7:00 7:00	Coloring for Adults Malware Protection*		our seat with a \$50 deposit.
8:30	Computer One on One	8:30	Cruise Computer One on One				ip insurance available. Sign deadline August 2. LIMITED
	Appts*	0.30	Appts*		ay June 30		EATING.
8:45	Strength & Stretch	8:45	Strength & Stretch	1 8:30	Computer One on One		
			-		Appts*		